

HYDE COUNTY HOTLINE, INC.

We are committed to promoting dignity, respect and safety at home resulting in safer community.

Visit us at: Website: HydeCounty-Hotline.org Facebook: [Hyde County Hotline](https://www.facebook.com/HydeCountyHotline)

August Newsletter 2019

What is Domestic Violence?

There are five different types of domestic violence. Their common denominator: all types of abuse are used to assert control and power over their victim.

Types of Domestic Abuse



Physical abuse. This is the use of physical force against another person to inflict injury, or to put the person at risk of becoming injured. This may include your partner pushing, hitting, choking you, or threatening you with a weapon.

Sexual abuse. This abuse often occurs in tandem with physical abuse. It involves forcing or coercing a victim to do something sexually, which can range from unwanted kissing or touching to rape. This can also involve threatening someone to perform a sexual act, including oral sex; restricting a victim's access to birth control and condoms; or repeatedly using sexual insults to demean a victim. Read [more on sexual abuse](#).

Emotional abuse. [Emotional abuse](#) is almost like brain washing in that it is done to wear away at a victim's self-confidence. It can be [verbal abuse](#); such as your partner repeatedly criticizing, intimidating or belittling you. It can also be [nonverbal abuse or coercive control](#); when your partner asserts control and tries to demean you by making decisions on your behalf. This can include anything from what you should wear to who your friends should be.

Financial abuse. This type of abuse involves stealing or withholding money from the victim, or using the victim's name and personal information to accrue debt. The victim may feel financially dependent on their partner, or as though they are being forced to support their partner financially. See a comprehensive list of [signs of financial abuse](#).

Spiritual abuse. Also referred to as religious abuse, this involves a partner not allowing you to practice your moral or religious beliefs. It can include humiliation or harassment as a means of control, forcing a victim to give up their culture or values that are important to them. Spiritual abuse can be used by religious leaders to instill fear or guilt into a victim, coercing them to behave a certain way.

If you recognize any of these types of abuse, you should seek help from a domestic violence counselor, hotline or shelter immediately

[Domestic Shelter](#)

Is Someone You Know Being Abused?

You may have a friend, relative, or neighbor who is being abused. You may have witnessed the violence, heard it, seen physical signs of it, or merely suspected it for various reasons. What should you do?

Ask direct questions, gently. Give her ample opportunity to talk. Don't run into providing solutions.

Listen- without judging. Abused women often believe their abusers' negative messages. They feel responsible, ashamed, inadequate, and are afraid they will be judged.

Let her know that you support and care about her, that **she's not responsible for the violence**, that only the abuser can stop the violence.

Explain that **physical violence in a relationship is never acceptable**, at any time. There is no excuse for it- not alcohol or drugs, not financial pressures, not depression, not jealousy.

Make sure she knows that **she's not alone**- that millions of American women from every ethnic, racial, and economic group suffer from abuse, and that many women find it difficult to leave.

Also explain that **domestic violence is a crime**- as much of a crime as robbery or rape- and that she can seek protection through the justice system.

If she has children, reinforce her concern for them, letting her know that this is damaging to children. In fact, you may want to reach out to support her children, and let them know you're there for them too.

Let her know that it is likely that, in spite of his promises, **the violence will continue, and probably, escalate.**

Emphasize that when she is ready, she can make a choice to leave the relationship, and that **there is help available.**

Provide her with information about local resources- the phone number of the local domestic violence hotline, support groups, counseling, shelter programs, and legal advocacy services.

**Hyde County Hotline
24 Hour Crisis Line
252-925-2500
Serving victims of Domestic Abuse and Sexual Victimization**

She may need financial assistance, or help finding a place to live, or a place to store her belongings. She may need assistance to escape. Decide if you feel comfortable helping out in these ways.

If she is planning to leave, remind her to take important papers with her, such as birth certificates, passports, health insurance documents, etc.

If she remains in the relationship, continue to be her friend while at the same time firmly communicating to her that she and her children do not deserve to be in this violent situation.

If you see or hear an assault in progress, **call the police.** Because these assaults are often dangerous, do not physically intervene.

STOPDV

How to Get Out of an Abusive Relationship

Getting out of an abusive relationship isn't easy, but you deserve to live free of fear. Here's how to find help for abused and battered women.

If you're in an abusive relationship

Why doesn't she just leave? It's the question many people ask when they learn that a woman is suffering battery and abuse. But if you are in an abusive relationship, you know that it's not that simple. Ending a significant relationship is never easy. It's even harder when you've been isolated from your family and friends, psychologically beaten down, financially controlled, and physically threatened.



If you're trying to decide whether to stay or leave, you may be feeling confused, uncertain, frightened, and torn. Maybe you're still hoping that your situation will change or you're afraid of how your partner will react if he discovers that you're trying to leave. One moment, you may desperately want to get away, and the next, you may want to hang on to the relationship. Maybe you even blame yourself for the abuse or feel weak and embarrassed because you've stuck around in spite of it. Don't be trapped by confusion, guilt, or self-blame. The only thing that matters is your safety.

If you are being abused, remember:

- You are not to blame for being battered or mistreated.
- You are not the cause of your partner's abusive behavior.
- You deserve to be treated with respect.
- You deserve a safe and happy life.
- Your children deserve a safe and happy life.
- You are not alone. There are people waiting to help.

There are many resources available for abused and battered women, including crisis hotlines, shelters—even job training, legal services, and childcare. Start by reaching out today.

[Source](#)

**If you need immediate assistance, call 911
Hyde County Hotline 24-Hour Crisis Line 252-925-2500**

Hyde County Hotline

Crisis Intervention, Advocacy and Prevention

Confidential Emergency Shelter

24 Hour Crisis Line 252-925-2500

PO Box 335

Engelhard, NC 27824

Tel: (252-)925-2502

Fax: (252)925-2501

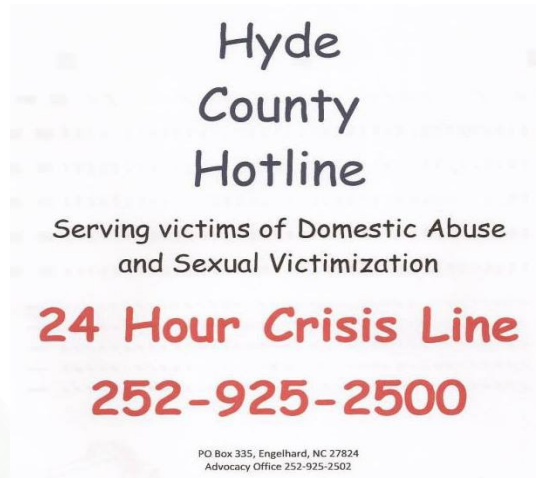
WHAT WE DO

- Crisis Intervention
- Domestic and Sexual Violence Advocacy
 - Human Trafficking Advocacy
 - Survivor Services
 - Safe Shelter
 - Support Groups
 - Referrals
 - Programs and Presentations
- Participates with DSS Work First Program

We serve victims of sexual victimization, domestic violence and human trafficking and we do not discriminate regardless of race, color, sex or sexual orientation.

OUR MISSION

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse, sexual victimization and Human Trafficking and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.



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<https://smile.amazon.com/ch/27-4410673>



 Nothing Compares 

FYSB Family & Youth
Services Bureau

Family Violence Prevention
& Services Program

**Thank you to the family Violence Prevention Services Program
US DHHS, and NC Council for Women for financial support.**